CAREER AND COLLEGE DEVELOPMENT

LESSON 7-4 ▲ KNOWING YOURSELF: WHAT ARE YOUR STRENGTHS AND INTERESTS?

**LEARNING GOALS/OUTCOMES**

* Students will identify their strengths and interests.
* Students will describe the connection between their interests and possible careers.

**MATERIALS NEEDED**

* **Student Handouts:**
* Your Strengths and Interests
* **Big sheet of paper** for each student group
* **Internet access** for each student group or small group

**CLASSROOM ACTIVITIES**

1. **Discuss students’ interests.** Divide students into small groups, give each group a big sheet of paper, and ask each group to jot down words that describe the interests of the students in the group. (Give them the prompt, “What do you like to do in your free time?”) Have a volunteer from each group post the paper on the wall and share their group’s list of interests. Discuss some of the common themes among the interests (sports, music, pets, computer games). Acknowledge that each student has different interests and skills.
2. **Explore students’ interests.** Distribute the *Your Strengths and Interests* Handout and ask students to work individually or in small groups to complete the first page by selecting an attribute that they feel best describes them. Let them discuss their answers, reiterating the notion that everyone is different. Make sure students understand that these attribute words won’t describe them perfectly – they should make the best choice. NOTE: For more information about these attributes or for a more detailed interest survey, please see the Washington State Workforce Training & Education Coordinating Board’s Where Are You Going Guide (link below).
3. **Connect interests with careers.** Next, turn to the second page of the handout and ask students individually or in small groups to use the Bureau of Labor Statistics’ A-Z List of Careers **(**[www.bls.gov/ooh/a-z-index.htm](http://www.bls.gov/ooh/a-z-index.htm)) to identify a career possibility and answer the questions on the handout. Review students’ work and discuss what students think would be fun about each career, as well as what education would be required for each career.

**STUDENT PRODUCTS**

* **Completed *Strengths and Interests* Handout**

 **ADDITIONAL RESOURCES AND OTHER INFORMATION**

The following resources are helpful for middle school and early high school students to share with their families, to learn more about career planning.

* **Bureau of Labor Statistics’ What Do You Like?**

[www.bls.gov/k12](http://www.bls.gov/k12)

* **Where Are You Going Guide**

<http://wtb.wa.gov/CareerGuide.asp>

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LESSON 7-4 STUDENT HANDOUT

 YOUR STRENGTHS AND INTERESTS

Name

**ACTIVITY 1:** *Working by yourself or in a group, check off the descriptions that sound like you. Then circle the word in the right hand column that you think describes you best.*

|  |  |
| --- | --- |
| * I am a nature lover.
* I am curious about nature, space, and living things.
* I like to fix things and use my hands.
* I enjoy exercising.
 | **REALISTIC**Likes to work outdoors or with machines, tools, plants, animals |
| * I am curious about everything.
* I like to solve math and science problems.
* I like to use computers.
* I like to be challenged.
 | **INVESTIGATIVE**Likes to solve problems |
| * I am creative.
* I like to draw, paint, play an instrument, or act.
* I like to take pictures of everything.
* I enjoy learning a foreign language.
 | **ARTISTIC**Likes to use imagination and creativity |
| * I like tutoring or teaching others.
* I like talking in front of people
* I work well with classmates and friends.
* I like helping people with problems.
 | **SOCIAL**Likes to work with other people |
| * I like learning about money.
* I enjoy selling products.
* I like having power and leadership.
* I want to own a small business.
 | **ENTERPRISING**Likes to manage or lead |

**ACTIVITY 2:** *What word describes you best? Based on the word you chose on the first page of this handout, choose ONE career from the list. Then answer the questions below from the A-Z List of Careers:*[**www.bls.gov/ooh/a-z-index.htm**](http://www.bls.gov/ooh/a-z-index.htm)

|  |  |  |
| --- | --- | --- |
| **REALISTIC*** Automotive Mechanic
* Carpenter
* Electrician
* Farmer
* Landscape Architect
 | **INVESTIGATIVE*** Chemist
* Doctor
* Electrical Engineer
* Pharmacist
* Veterinarian
 | **ARTISTIC*** Actor
* Architect
* Dancer
* Musician
* Writer
 |
| **SOCIAL*** Coach
* Teacher
* Psychologist
* Recreational therapist
* Childcare Worker
 | **ENTERPRISING*** Lawyer
* Loan Officer
* Politician
* Real Estate Agent
 | **CONVENTIONAL*** Accountant
* Computer Support Specialist
* Court Reporter
* Librarian
 |

The job I researched is:

What is this job like?

What education would I need?

How much does this job pay?

Is this job growing?